Grade 4 Health Standards Condensed

**Nutrition and Physical Activity Standard : Essential Concepts**

1.1.N Identify and define key nutrients and their functions. 1.2.N State the recommended number of servings and serving sizes for different food groups. 1.3.N Describe the relationship between food intake, physical activity, and good health. 1.4.N Identify how to keep food safe through proper food preparation andstorage. 1.5.N Explain how food can contain germs that cause illness. 1.6.N Explain the importance of drinking plenty of water, especially during vigorous physical activity. 1.7.N Describe the benefits of moderate and vigorous physical activity. 1.8.N Identify ways to increase and monitor physical activity*.*

**Injury Prevention and Safety Standard : Essential Concepts**

1.1.S Describe safety hazards, including those related to fire, water, dangerous objects, being home alone, and using the Internet. 1.2.S Identify behaviors that may lead to conflict with others. 1.3.S Describe the different types of bullying and harassment. 1.4.S Examine the effects of bullying and harassment on others. 1.5.S Identify basic safety guidelines associated with weather-related emergencies and natural disasters (e.g., floods, earthquakes, and tsunamis). 1.6.S Identify disaster preparedness procedures at home, at school, and in the community. 1.7.S Describe ways to seek assistance if worried, abused, or threatened. 1.8.S Explain the dangers of having weapons at school, at home, and in the community. 1.9.S Explain the importance of wearing helmets, pads, mouth guards, water safety vests, and other safety equipment during athletic and outdoor activities. 1.10.S Define a gang and how it is different from a club, sports team, or clique. 1.11.S Describe the dangers of gang activity. 1.12.S Identify positive alternatives to gang activity. 1.13.S Demonstrate proper lifting and carrying techniques for handling heavy backpacks and book bags. 1.14.S Identify personal protection equipment needed for sports and recreational activities (e.g., mouthpieces, pads, helmets). 1.15.S Explain what to do if someone is poisoned (e.g., by household cleaning or paint products): call 9-1-1, a poison control center, or other local emergency number. 1.16.S Identify ways to reduce risk of injuries from fires, around water, while riding a motor vehicle, as a pedestrian, on the playground, and from falls. 1.17.S Identify ways to prevent vision and hearing damage. 1.18.S Explain how courtesy, compassion, and respect toward others reduce conflict and promote nonviolent behavior. 1.19.S Demonstrate escape strategies for cases of inappropriate touching or attempted abduction.

**Alcohol, Tobacco, and Other Drugs Standard : Essential Concepts**

1.1.A Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including inhalants. 1.2.A Identify ways to cope with situations involving alcohol, tobacco, and other drugs. 1.3.A Explain the differences between medicines and illicit drugs*.*1.4.A Identify family and school rules about alcohol, tobacco, and drug use. 1.5.A Explain why individual reactions to alcohol and drug use may vary.